

EMPLOYEE ASSISTANCE PROGRAM - 2009

Administered by Reliant Behavioral Health (RBH) • 1-866-750-0512
www.MyRBH.com Access code = State of Montana

Covered Services

Short-term Services

Counseling
Legal Consultations
Financial Consultations
Prenatal Program

Long-term Services (Traditional Plan)

Counseling
Psychiatric Services
Chemical Dependency Services

Costs

• Free
• Free
• Free
• Free

• 25% with RBH referral
• 25% with RBH referral
• 25% with RBH referral

Annual Maximums

• 4 visits per issue
• 1/2 hour consultation
• unlimited

• 40 outpatient visits
• 40 outpatient visits
• 40 outpatient visits

GENERAL INFORMATION

WHO IS ELIGIBLE?

The Employee Assistance Plan (EAP) is an add-on benefit for all State Employees, Legislators, and Retirees enrolled in a medical insurance plan. There is no separate premium for this plan, and it includes all dependents living in or outside of your household.

HELP IS HERE!

To schedule an appointment for:

- confidential counseling
- health coaching
- legal or financial services
- prenatal services
- 24-hour crisis assistance

CALL

1-866-750-0512

or long-term counseling, RBH will initiate a referral for the appropriate care. See your medical plan for coverage of longer-term services such as psychiatric care, chemical dependency, and longer-term counseling.

Traditional plan members will receive a better benefit for outpatient visits when they first obtain an RBH referral. Managed Care plan members do not need a referral for short-term counseling needs. Please contact your plan administrator to determine referral requirements prior to receiving long-term benefits.

By utilizing the services provided by RBH at no direct cost to you, the plan also experiences cost savings, which are ultimately passed on to all the plan participants.

LEGAL & FINANCIAL SERVICES

You have convenient access to legal and financial professionals by simply contacting the EAP.

Legal services include a free, 1/2 hour consultation by phone or in person, followed with a 25% discount in legal fees. *Legal services are not provided for any employer related issues.*

Financial services provide unlimited phone access to financial professionals for assistance and referrals for a variety of issues such as debt counseling, budgeting, college planning, etc. Members who retain financial professionals receive a 25% discount for services.

PERSONAL ADVANTAGE WEBSITE

Personal Advantage is a wellness focused website to access self-care tools and information on work stress, parenting,

relationships, personal growth, health, and child & eldercare resources, along with more than 60 on-line trainings.

For information on the training available and how to log on, call RBH.

24-HOUR CRISIS HELP

Crisis counselors are available 24 hours a day, 365 days a year to assist you or a family member experiencing a crisis situation. To access, call 1-866-750-0512.

MOMMY TRAX PRENATAL PROGRAM

Health plan members have access to free prenatal services including risk assessments, educational information, referrals, and other resources to help achieve a healthier pregnancy.

Managed Care plan members who enroll in this prenatal program in their first trimester will have many deductibles and copayments waived (see pages 12 & 13).

You can enroll in this program by simply calling 1-866-750-0512.

HEALTH COACHING

Have you been thinking about losing weight or quitting smoking for good? A health coach can provide the support you need to achieve your goals.

All State plan members and their adult dependents have access to **free, confidential health coaching**. This benefit, designed in conjunction with the Wellness Program, offers individuals the opportunity to communicate with friendly, experienced health coaches at their own pace, by phone or email depending on the participant's preference. To get started, just call **1-866-750-0512**.

THE BENEFITS

The EAP benefits provide a variety of services including confidential counseling, legal and financial services, prenatal services, health coaching, access to the Personal Advantage website, and 24-hour, toll-free access to crisis counselors.

CONFIDENTIAL COUNSELING

The EAP offers local, short-term counseling for a variety of issues including family, relationship, work stress, anxiety, grief, and other problems that may challenge you on a daily basis. You and your family members are eligible for up to 4 free counseling sessions for each issue you encounter.

If a plan member involved in short-term counseling needs a higher level of care